

# OSS Advisory Newsletter

## Cost Reports No Longer Required

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Effective July 1, 2012 CRCF's participating in the OSS program are no longer required to submit cost reports.



### People with disabilities.....

- Have the right to vote in elections independently or with help.
- They can select who they want to assist.
- Have the right to vote privately and in the same manner as any voter.
- Should be treated with dignity and respect in all aspects of the voting process.
- Registered voters cannot be denied the right to vote solely on the basis of a physical or mental disability.

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### PROVIDER SERVICE CENTER

PSC will accept calls from all providers requiring assistance with the following:

- Provider Enrollment
- Filing claims via the Web Tool
- Electronic Data Interchange (EDI) support
- Nursing Home, OSS and Hospice room and board questions.

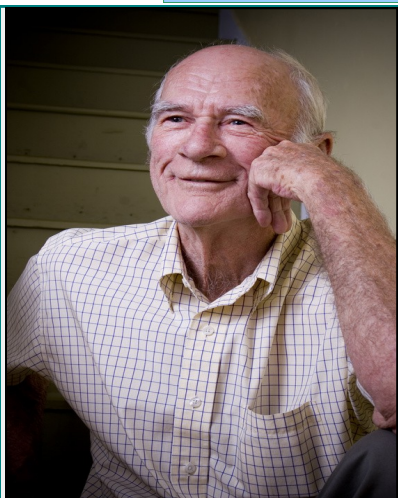
Providers can contact the PSC via the toll-free number :  
**TOLL-FREE 1-888-289-0709 Option 3**

**07:30AM to 05:00PM Monday through Friday**

October 1, 2012

## OSS Advisory Newsletter

### 2012 "Face of Aging" Tour



Lieutenant Governor Glenn McConnell will begin a series of visits to Aging facilities throughout South Carolina to assess existing Aging services and gather suggestions on improvements from local seniors, caregivers, and residents. Each stop is scheduled to include a forum for public input as well as visits to area nursing homes, assisted living facilities, and senior centers.

- **October 16-17, 2012:** Region II - Upper Savannah (*Counties include Abbeville, Edgefield, Greenwood, Laurens, McCormick, and Saluda*)  
Region IV - Central Midlands (*Counties include Fairfield, Lexington, Newberry, and Richland*)
- Region VI - Santee Lynches (*Counties include Clarendon, Kershaw, Lee, and Sumter*)
- Region VIII - Waccamaw (*Counties include Georgetown, Horry, and Williamsburg*)
- Region VII - Pee Dee (*Counties include Chesterfield, Darlington, Dillon, Florence, Marion, and Marlboro*)
- **December 11-12, 2012:** Region X - Low country (*Counties include Beaufort, Colleton, Hampton, and Jasper*)

#### WEBTOOL AND REMITTANCE ADVICES

Please be sure to print copies of your remittance advice each month. The webtool only holds the last 26 weeks of information. Having this information pulled and printed by the Agency is costly and time consuming. Remember, there will be a charge associated with all requests for duplicate remittance advices.

**October 1, 2012**

## OSS Advisory Newsletter

# Find Your Legislators

## Find Your Legislators



2012 Cost of Living Allowance (COLA) increase.

The SSI Federal Payment Standard will be raised by 3.6% - from \$674 to \$698 for 2012 - a \$24 increase from 2011.

In 2012, \$2 of this increase will go to the Personal Needs Allowance (PNA) - raising PNA to \$59 for pay cat 86 and \$79 for pay cat 85.

The new Net Income Limit (NIL) will be \$1181. The new amount a CRCF can charge in 2012 will increase from \$1100 to \$1122.

To identify who your South Carolina State Senators and Representatives are please visit the South Carolina State House website at [www.scstatehouse.gov](http://www.scstatehouse.gov).

- Select Legislation and then select Find Your Legislator
- Enter your facility address, city name, and zip code into the spaces indicated on the website and;
- The results of the search should list the South Carolina States Senator and Representative for the county in which you live.

Alexis Martin is the new OSS Program Manager. Please remember to submit your TAD no later than **October 17, 2012**. If you know that you will be late.

## THINKING ABOUT IT.....

Thinking about... Getting Back to our Roots

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Cooler temperatures and color changes confirm the arrival of autumn in SC. Vibrant shades of red, orange and yellow are not exclusive to fall leaves. The myriad of colors can also be found below ground in many root vegetables that are harvested this time of year. Oftentimes when we think of fresh seasonal vegetables, we think of spring and summertime harvests. However, Fall offers some wonderful hidden



(Source: [www.foodreference.com](http://www.foodreference.com))

treats packed with great taste and nutrition. Beets, carrots, sweet potatoes, rutabagas and turnips are just a few underground treasures. This month's issue takes us back to our roots, highlighting fun facts of some of the freshest flavors of the Fall.

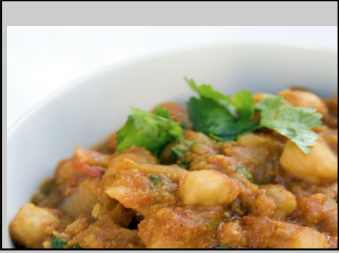
How much do we really know about the most common root vegetables we consume? Test your root knowledge and see.

- ♦ *Are you eating sweet potatoes or yams?* The names are used interchangeably, but these root vegetables are not even in the same family!
- ♦ Sweet potatoes have smooth thin skin and sweet flesh. Yams are grown in the Caribbean and have rough scaly skin with a starchy flesh. So if you're buying it in the US or locally (and not from an international food store), you're probably getting a sweet potato.
- ♦ *Did you know that all carrots are not orange?* Carrots come in a variety of colors, including orange, yellow, red, purple, and white. Each variety has a slightly different flavor.
- ♦ *Speaking of carrots, were our parents making up that stuff about carrots being good for our eyes to make us eat our veggies?* Parents say all sorts of things to encourage us to eat things that are good for us. They may have left out the details, but our parents were definitely on to something. Carrots are one of the richest sources of beta-carotene, which provides many health benefits from disease prevention to improving eyesight. The beta-carotene in carrots converts to vitamin A, which is necessary for the eyes in adjusting from bright light to a dimmer light and vice versa. Carrots are also thought to prevent macular degeneration and cataracts.
- ♦ *What is the largest source of table sugar after the sugarcane?* Sugar beets are the #2 crop used to make the table sugar we consume. It would be a stretch to say that you're eating your veggies when you sprinkle a little sugar, however.



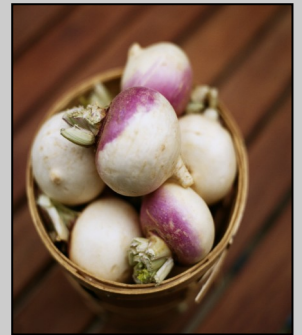
## THINKING ABOUT IT.....

Thinking about... Getting Back to our Roots



♦ *What root vegetable is known as one of the most nutritious foods in the world?* Packed with vitamins A, B, and C and many other health promoting nutrients, the sweet potato is the big winner! Sweet potatoes are high in fiber, aiding in healthy digestion and lowering blood sugar and cholesterol. With high vitamin A and C content, the sweet potato also has anti-inflammatory properties which may reduce symptoms of arthritis and asthma. This low calorie root veggie can also help with weight management. Sweet potatoes digest slowly, causing a gradual rise in blood sugar to keep you feeling satisfied longer.

♦ *How can I eat more root vegetables?* Root vegetables can be eaten many different ways. To obtain the maximum amount of nutrients, try eating them raw. Carrots make nutritious snacks and are wonderful additions to salads as well as the distinctive spiciness of radishes. Root vegetables are also great in hearty soups and stews this time of year. You can also bake, roast, or steam them as side dishes. Bake sweet potatoes and sprinkle cinnamon on them to enjoy their natural sweetness. Turnip roots are great cubed in turnip greens. Try adding them to mashed potatoes to include cancer-preventing nutrients. They can be also prepared similarly to how you would prepare potatoes, including lightly steamed and seasoned to taste. Try mashing rutabagas or baking rutabaga fries as another alternative to white potatoes.



Office for the  
Study  
of Aging

Here's to enjoying the outdoors and its many benefits in October! I hope you find this

information helpful because I've really been **Thinking About It**.

*Your Happy Healthy Thinker*

**Thinking About It** is brought to you by:

Office for the Study of Aging  
Arnold School of Public Health  
University of South Carolina